

## Virtual Yoga for Every Body

Hatha yoga practices are designed to align and calm the body, mind, and spirit while exploring one's limits. Yoga for Every Body seeks to encourage people of all abilities to bring more movement and strength into their bodies by encouraging students to find their edge of resistance and gently work to that level. Yoga is never competitive and celebrates mindful, intentional movements. Stephanie teaches students to be present in one's body in a supportive, restorative climate.

*Stephanie Rogers completed her 500-hour yoga teacher training in 2010. She has been studying yoga throughout her adult life and has been a Master teacher since the early 90s. She is a registered Polarity and Craniosacral therapist as well.*

**Classes begins: July 10** **Wednesdays 4-5 pm**  
**\$50 for the full 8-class virtual course**

## Back to the Future!

This introductory on-site workshop will help participants mitigate back problems by focusing on biomechanics, alignment, and targeted exercises to promote spinal health. Participants will leave the session with a list of healthy back practices to implement in their everyday lives.

*Dr. Eileen Henry PT, DPT, Ocean Beach's resident Physical Therapist and Wellness Facilitator, is known for her incredible knowledge base, warmth, and tireless efforts to improve the quality of life for her clients.*

**Single session date: Thursday July 25 5-6 pm \$20**

## Empowered Parents, Resilient Kids

Resiliency is a powerful resource for adolescents to increase social competence, problem solving skills, and gain a greater sense of purpose. In an interactive setting, participants will share both successes and obstacles in parenting. Cami will facilitate dialogue designed to discuss shared points of interest. The communal experience of fostering increased parental empowerment, meaningful connections, and acquired skills will provide essential benefits to each participant.

*Cami Meyer successfully served as a Middle and High School Counselor for the NYC Board of Education for 28 years. Her experience with parent support groups has prepared her to help parents navigate the complexity of raising adolescents in today's world. She's also a Master Yoga Instructor and co-creator of Fire Island Yoga.*

**Course begins: July 9** **Tuesdays 11am-12pm**  
**\$60 for 6 sessions** **\$20 drop-in fee**

## Introducing Thrive 55!

This on-site age-appropriate fitness class targeting active adults ages 55 and older, will expand beyond the basic scope of physical exercise to include the burgeoning field of "brain fitness". While working on cardiovascular endurance, muscle strength, flexibility and balance, fun memory games will be woven into the class. Chairs will be used for various exercises although it is not entirely a seated class. However, those who prefer a seated workout will be accommodated. Please make every effort to bring your own hand weights.

*Annie Niland is a career fitness professional, educator, public speaker, and writer. Along with the ability to teach all forms of fitness and dance, her background includes designing and implementing group fitness programs in NYC and Long Island facilities.*

**Class begins: July 8** **Mon & Thurs 10-11am**  
**\$80 for 8 sessions** **\$20 drop in fee**

## Virtual Tech Solutions

This on-line course will help individuals, growth focused management and business owners. Facilitator Jennifer Brodsky will offer guidance and function as "troubleshooter." Examples include how to effectively set up Zoom meetings, tips and tricks for using Canva to create social media graphics and flyers, getting more out of Gmail accounts, and how to attain digital growth and comfort. Variations in learning curves are expected, and the course will accommodate all levels of technological ability in a relaxed, supportive environment that makes technology fun!

*Jennifer Brodsky is known as the Super Tech Hero, driven by the belief that tech should be super powered, accurate, and accessible. Her background includes digital and engineering roles at The Wall Street Journal and Oracle as well as working privately with businesses and individuals.*

**Class begins: July 17** **Wednesdays 5:30-6:30 pm**  
**\$50 for the full 8-class virtual course**

## The Fascinating History of Fire Island

The history of Fire Island is rich with both folklore and actual documented events. Johnny Parham, a highly respected resident of Fire Island, will delight audiences with his well-known oration skills and collection of vintage photographs.

*Johnny E Parham Jr has owned a home in Ocean Beach for more than fifty years. He has a personal fascination with history, having pursued a double major of History and Political Science in college.*

**Single session date: Wednesday July 24** **5-6pm**  
**Complimentary!**

**Registration Form:** *Please return the completed form with payment even if you have taken classes with us before. Your email will be used to send you online links to the class, so it is important that you write legibly.*

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FI address:  
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Mainland address:  
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phone #:  
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e-mail (please write legibly)

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I am enrolling in the following classes:  
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 Yoga for Every Body \$50  
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 Empowered Parents, Resilient Kids \$60  
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 Back To the Future \$20  
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 Thrive 55! \$80  
\_\_\_\_\_  
 Tech Solutions \$60  
\_\_\_\_\_  
 History of Fire Island Complimentary

**MAKE CHECKS PAYABLE TO FIRE ISLAND SCHOOL**  
***Sorry, no Venmo, PayPal, or credit cards are not accepted for payment by Fire Island School. Please allow ample time to ensure registration arrives before the first class.***

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Mail registration form with check or money order payment to:  
**Fire Island School, P.O. Box 428, Ocean Beach, NY 11770.**  
For those who live locally, cash payments can be made at  
Woodhull School cash window during normal school hours.

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**FOR OFFICE USE ONLY**

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Notes:  
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## POLICY INFORMATION

- Fire Island School cannot accept credit cards, Venmo or Zelle payments. Check or exact cash payments only please.
- Register early! Courses with low enrollment or poor attendance are subject to cancellation.
- Attendees, please use the main front entrance to gain access to the building.
- To accommodate Fire Islanders who live in off-season locations, remote classes with Fire Island School will be offered. Virtual participants are responsible for having their own electronic device with proper connectivity, as well as basic competence in the use of these platforms.
- Fire Island Adult Ed virtual courses are open to all interested parties regardless of location.
- All sessions are subject to change or cancellation due to weather or health circumstances. Please supply us with clear and accurate contact information on your registration form so we can update you in needed.
- Fitness classes require physical exertion and risk of exercise related injury. Class participation is with the understanding that you agree to hold FIUFSD, its contractors and agents harmless.
- All sessions are limited to people at least 18 years of age.
- Cover photo models: Maria Silsdorf, and Ralph Cafuoco

Fire Island School  
P.O. Box 428  
Ocean Beach, NY 11770

Box Holder  
Ocean Beach, NY 11770

